

## Summary of Balance and Resilience

What happens in balance and resilience?	
What kind of early nurturing tends to lead to these responses?	Loving caregivers who hold us, gaze into our eyes, and respond appropriately to our needs and feelings tend to foster resilience.
What kinds of life experiences make these responses most likely?	Balance and resilience are most likely to develop when our experiences include short periods of stress or threat followed by periods of calm and rest, so we can return to balance.
How does the autonomic nervous system (ANS) respond?	The two poles of the ANS—sympathetic (fight, flight, arousal) and parasympathetic (rest, dissociation)—are both activated, and they use and obey all the feedback loops that keep them in balance.
Which brain structures are most powerful in these responses?	The orbitofrontal cortex, anterior cingulate cortex, and hippocampus inform and regulate the amygdala, so the other structures (locus coeruleus, hypothalamus, pituitary, vagus nerve, etc.) also behave.
Which chemical messengers carry these responses?	Dopamine, norepinephrine, adrenaline, corticotrophin-releasing hormone (CRH), adrenocorticotrophic hormone (ACTH), cortisol, gamma aminobutyric acid (GABA), acetylcholine (ACh), endorphins, enkephalins, and serotonin keep rising and falling to keep balance.
How do these responses affect heart rate and blood pressure?	Heart rate is strong and variable (rises on inhale, lowers on exhale), and blood pressure is normal.
How about breathing?	Breathing is strong and deep, with a plentiful supply of oxygen.
What effects do these balanced responses have on memory?	We have good access to both explicit (conscious, verbal) and implicit (unconscious, survival-based) memory, and we can clearly tell the difference between the past and the present.
What effects do these balanced responses have on thoughts?	We can think clearly, see all our options, think through the possible consequences, and make reasonable decisions.
What effects do these balanced responses have on feelings?	Pleasant and unpleasant feelings come and go, in response to whatever is happening right now, but we do not have to act on them.
What are the strongest survival impulses?	Our survival impulses are tailored to the level of stress or threat that we are facing at the moment.
What if the stress or threat keeps on coming, or keeps coming back?	Under constant or frequent stress or threat, we tend to go out of balance, unless we can remove ourselves from the stressful or threatening situations in time.